

## Tammy Frost, BS, MSPAS, PA: Bringing Lifesaving Care to Rural Arizona's Forgotten Communities

Driven Family Medicine Physician Assistant Expands Access Where Healthcare Is Needed Most



**Prescott, Arizona May 11, 2026 ([IssueWire.com](https://www.IssueWire.com))** - In the vast rural landscapes of Arizona, where access to quality healthcare is often limited or out of reach, Tammy Frost is changing lives—one patient at a time. As a Family Medicine Physician Assistant at GRACE Direct Primary Care, she is breaking down barriers and delivering compassionate, high-quality care to underserved communities that have

long gone without it.

Physician Associate Tammy Frost's journey is defined not only by academic excellence but by purpose. She earned her Master of Science in Physician Assistant Studies from King's College, gaining admission to an elite program that accepted just 12 students out of 1,600 applicants. Prior to that, she graduated Summa Cum Laude with a Bachelor of Science in Exercise Science from Northern Arizona University. Her achievements have been recognized with honors, including the National Health Service Corps Scholarship and the prestigious Gold Axe Award.

But it is her personal story that fuels her mission.

After surviving a life-threatening event in 2008, Tammy emerged with a renewed sense of purpose. "I've often asked myself why my life was spared," she reflects. "I believe it's because there is still important work for me to do in medicine." That moment became a turning point—one that deepened her commitment to serving those who are too often overlooked.

A lifelong high achiever, Tammy graduated as valedictorian at every level of her education, maintaining an exceptional 3.97 GPA. Yet her true calling revealed itself not in the classroom, but in the homes of patients she cared for early in her career. There, she witnessed firsthand the gaps in care faced by vulnerable individuals—an experience that ultimately led her to pursue a career focused on rural medicine.

"I am devoted to serving people in communities where access to care is limited," Tammy says. "Too many individuals in rural areas go without the medical attention they deserve. I'm determined to change that."

Her work is guided by a simple but powerful belief: healthcare is not a privilege—it is a necessity. And no one should suffer simply because of where they live.

Beyond her clinical work, Tammy values time with family and continues to explore innovative ways to expand patient-centered care. Her dedication, resilience, and compassion have made her an indispensable part of the Prescott community—and a source of hope for countless patients.

Built on a patient-first philosophy, GRACE Direct Primary Care delivers personalized, membership-based care that prioritizes prevention, root-cause healing, and long-term wellness over symptom-based treatment. By eliminating traditional insurance barriers, the practice provides patients with greater access, longer consultations, and a deeper, more meaningful provider relationship.

GRACE Direct Primary Care offers a comprehensive spectrum of services tailored to individual health needs, including:

- **General & Preventive Medicine** – Acute care, chronic disease management, and proactive wellness planning
- **Holistic & Functional Medicine** – Integrative approaches focused on identifying and addressing the root causes of illness
- **Hormone Therapy** – Bioidentical hormone replacement therapy and testosterone optimization
- **Anti-Aging & Aesthetic Services** – Personalized treatments designed to support vitality and rejuvenation
- **Neurocognitive Health** – Specialized care for brain health, memory concerns, and mental clarity

- **Gut Health & Digestive Care** – Targeted treatment for IBS, reflux, and other gastrointestinal conditions
- **Autoimmune & Chronic Conditions** – Comprehensive support for inflammation and immune-related disorders
- **Allergy Testing & Management** – Customized care plans aimed at long-term relief
- **Non-Opioid Pain Management** – Safe, holistic approaches to pain management and recovery
- **TED Hair Restoration Treatments** – Non-invasive solutions for hair loss using advanced technology

**#Tammy Frost, Physician Assistant #Tammy Frost, PA #Tammy Frost, Physician Associate**

### **Learn More about Tammy Frost, Physician Associate:**

Through her findatopdoc

profile, <https://www.findatopdoc.com/doctor/82008557-Tammy-Frost-Anti-Aging-Medicine>, or through GRACE Direct Primary Care, <https://choosegrace.life/about-us/>

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### **Media Contact**

Your Health Contact

\*\*\*\*\*@yourhealthcontact.com

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